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JETS GET PUNCHED OUT

Minnesota Wild defenseman Keith Ballard punches Winnipeg winger Andrew Ladd as the two fight during the second period of their game in St. Paul, Minn., Sunday. The Jets lost 4-3 in overtime. Story, page 18. ANN HEISENFELT/THE ASSOCIATED PRESS

Selinger all smiles
after clearing first
hurdle in vote plan**Premier politics.**
Leadership contest
at party convention
in March still needs
approval from NDP
council next month

Quoted

"I'm happy that we've found a democratic way to make decisions. That's always been the tradition of our party." Premier Greg Selinger

Embattled Manitoba Premier Greg Selinger won a round in the battle over his leadership this weekend, as the provincial NDP executive agreed to his plan for a leadership contest at the party's annual convention March 6.

Selinger, who has faced an open revolt from some caucus members calling for his resignation, was smiling as he emerged from the four-hour meeting on Saturday.

Selinger offered little insight when asked whether

some executive members wanted to put an end to the infighting by holding a leadership contest sooner, saying, "Those were all internal discussions."

Selinger has been under fire for weeks over low polling numbers and ongoing public anger over his decision last year to increase the provincial sales tax. Five of his most senior cabinet ministers resigned after he refused to step down.

Selinger has challenged his opponents to run against him in a leadership race. He pointed to a little-used section of the NDP constitution that allows anyone to run

for leader at the party's annual conventions.

His position was adopted Saturday by the executive. It still has to be approved next month by the NDP council — a larger body that includes the executive, community representatives and others — but Selinger said he expects strong support.

No one has so far declared they will run against the premier at the convention.

The government will outline its plans for the coming year Thursday in a throne speech and start a two-week fall sitting of the legislature.

THE CANADIAN PRESS

TODAY'S TIP

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Westwood. Taser used during restaurant ruckus

Two men and a woman are facing a number of charges after people involved in a fight at a Westwood area restaurant early Saturday sprayed pepper spray and shot a Taser at security guards trying to kick them out.

Two security guards escorted the party to the door when one of the suspects sprayed them with pepper spray, and another fired a Taser at one of the guards, police say. Neither of the guards

was seriously injured.

Alvin Mason, 44, of Winnipeg is facing a number of charges including two counts of assault with a weapon. Sheena Gagnon, 28, of Winnipeg, is also facing a long list of charges including assault with a weapon and possession of methamphetamine. Another man, 21, is charged with unauthorized possession of a prohibited or restricted weapon. **METRO**

St. Vital. Men accused of pointing replica handgun

Winnipeg police have two men in custody after a pair in masks pointed a handgun at two teen-aged girls in a car in St. Vital Saturday night.

The two 17-year-old girls were waiting to pick up a relative from work in a parked car in the 200 block of Regal Avenue when two people approached the car around 10 p.m. One of them tapped the car's window with the gun and

the driver immediately drove away. Police, including the Tactical Support Team and the Canine Unit, flooded the area and found the suspects hiding in a nearby field.

The gun was recovered and turned out to be a BB gun made to look like a .357 Magnum.

Franco Chartrand, 25, and Moses Swan, 19, both of Winnipeg are each facing charges. **METRO**

BE A SANTA TO A SENIOR



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

There is just over a month until Christmas, and if you're looking for a cool new tradition, I have one for you.

Christmas for many of us has become way less about stuff and things, and more about people — family, friends, and those who might need a helping hand this time of year.

There is one Christmas program that might fly a little under the radar, but may just be your new favourite part of the season. It's called Be A Santa To A Senior.

It's simple and awesome. Health-care professionals and agencies serving older adults refer seniors who are impoverished and/or have no family or nearby friends to the program. They are asked what it is they need or would like for Christmas. Then we get it for them. They feel good, you feel great. It's a win/win.

All you do is go to one of the locations listed on their website at beasantawinnipeg.com and pick an ornament off the tree.

The ornament will have the name of your senior and the gift request.

Go buy the item, wrap and attach the ornament to the gift, bring it back to where you got it, and boom, an instant mini Christmas miracle for someone in need.

Zero ornaments left on any of the trees. That is the goal for 2014. We can and we will do this. I know it.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Diversity 'foundational' to future of city: Top cop

Building bridges.

Officers travel to rural reserves, hold dinners with minority groups

COLIN FAST
winnipeg@metronews.ca

City police regularly travel to rural First Nations in an effort to build better relationships with the indigenous community, the Winnipeg Police Board learned Friday.

Police Chief Devon Clunis explained during the board's first meeting since the municipal election that with so many aboriginal people moving between Winnipeg and their home communities, "we're meeting with the bands and councils and saying, 'How can we help you in this transition back and forth?'"

Clunis said the rural outreach is one of several little-known initiatives his department is undertaking to



Police Chief Devon Clunis says his department is deeply engaged with the indigenous and newcomer communities in Winnipeg. COLIN FAST/FOR METRO

improve relations with indigenous people and newcomers to Canada.

On Tuesday, the chief and his officers will break bread with dozens of recent immigrants at the annual New Canadian Dinner. The event is part of the UMOJA (a Swahili word for "unity") partnership that

helps build understanding between police and newcomers.

The force's diversity resource team delivered 885 school presentations last year, and spoke to hundreds of other community groups. And both new recruits and experienced officers go through diversity training programs.

Missing, murdered

MMIW motion delayed

A motion giving police direction on how to deal with the issue of missing and murdered indigenous women has been held over to the Winnipeg Police Board's December meeting, to allow new members Scott Gillingham (St. James-Brooklands) and Ross Eadie (Mynarski) to have input.

In September, city council asked the board to "task the Winnipeg Police Service to do all things necessary to provide a proactive approach to prevent, investigate and solve the plight of missing and murdered indigenous women in Winnipeg." Deputy Chief Art Stannard told the board it was the "most important document" it will handle.

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Update

Rinelle Harper out of hospital

The 16-year-old girl who was beaten and left for dead in downtown Winnipeg a little over a week ago has been released from hospital.

Grand Chief David Harper, who represents northern First Nations, confirmed that Rinelle Harper was discharged Friday afternoon.

He said she will be staying with her parents in Winnipeg while she continues to get followup medical care.

"She's still achy," he said. "She needs to rest at home with the family."

He also said the family is hoping to arrange a meeting with the two Winnipeg construction workers who found her lying near the Assiniboine River and cared for her until help could arrive.

THE CANADIAN PRESS

Suspected tampering

Pills found in boy's Halloween candy stash: Grandma

Nearly two weeks after Halloween, a Winnipeg family is dealing with a scary revelation.

Lisa Hargreaves says her daughter recently opened a box of Smarties that was in her 11-month-old son's candy stash and found it had been filled

with prescription medication. She says there were five actual Smarties and 17 allergy pills.

She says upon inspection, it was clear the box had been tampered with as it had an excessive amount on glue on the opened end.

The family took the pills to a pharmacy where they learned the medicine inside was enough to kill her grandson if he had ingested it.

CTV/THE CANADIAN PRESS

Crime

Charges laid in collision that killed cyclist

Police in Manitoba have laid charges in a collision earlier this fall that killed a 24-year-old cyclist from Ontario.

Brandon RCMP say an eastbound SUV struck a cyclist pedalling in the same direction on Highway 1A near Brandon in

September.

Friends identified the cyclist as Graeme Loader of Toronto, who was pedalling across Canada to raise money for the World Wildlife Fund. Mounties say alcohol was not a factor.

Jodi Bone from the Sioux Valley First Nation has been charged with dangerous driving causing death and careless driving causing death. She is to appear in court on Dec. 18. THE CANADIAN PRESS

Operation Red Nose ensuring safer roads

Ho, ho, ho. Volunteers prepared to drive home drivers who've had too much to drink

Quoted

"ORN (Operation Red Nose) is one of our many joint initiatives with MPI to encourage Manitobans to drive responsibly."

Judy Murphy, president and CEO of Safety Services Manitoba

The drivers are ready to get holiday-season revellers safely back to their homes once again.

On Friday, Winnipeg's Operation Red Nose (ORN) celebrated the launch of its 20th year of service at the Safety Services Manitoba building.

Dignitaries including Mayor Brian Bowman were on hand for Friday's event.

Judy Murphy, president and CEO of Safety Services Manitoba, said her organization works side-by-side

with Manitoba Public Insurance and "10 communities to make Manitoba's roads safer."

"ORN is one of our many joint initiatives with MPI to encourage Manitobans to drive responsibly. In this case, choosing the safe way home means knowing when to let Rudy take the reins," she added.

ORN is a free, volunteer-run designated driver service that runs during the holidays and allows motor-

ists who feel impaired to have them and their vehicles driven home by a volunteer. While the service is free, donations are accepted.

The service is available in Winnipeg and the surrounding area, and runs 9 p.m. to 3 a.m. on Nov. 28 and 29, and Dec. 5, 6, 11, 12, 13, 18, 19, 20 and New Year's Eve (Dec. 31).

Those wishing to book a ride can call 204-947-NOSE (6673). METRO



Mayor Brian Bowman takes a selfie with Rudy, the mascot for Operation Red Nose, during Friday's launch of the 2014 season. JULY MILOSEVIC/CHRISD.CA



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'Ebola nurse' turns focus to Canada

Policy game. U.S. nurses take Canadian government to task on recent clampdown on flights from Ebola-affected regions

She took on U.S. politicians. Now a nurse who castigated what she considered ignorant Ebola policies in her own country has a few words for the Government of Canada.

Kaci Hickox, the woman who became known as The Ebola Nurse, is now free to move around, after clearing the 21-day virus-free period. Outside of her own experience, she's become familiar with Canada's clampdown on travel from parts of West Africa.

"I had this terrible gut reaction," Hickox said.

Large numbers of people have told pollsters they want severe travel restrictions, simi-



Kaci Hickox THE CANADIAN PRESS

lar to the measures imposed in Canada. The U.S. government has resisted, saying they would be more harmful than helpful.

"We should be listening to public-health leaders. This should not be a political game," she said.

Another American back from a volunteer stint in Africa chose, unlike Hickox, to willingly place herself in quarantine. Jessi Hanson said she was lucky to have a supportive employer, who let her work from home.

But she was equally scath-

ing, perhaps more so, toward the Canadian policy.

"Shocked and appalled," Hanson said of the reaction she's heard from friends in the U.S., to Canada's Oct. 31 announcement.

She said it sends a signal to the rest of the world that these countries should be cut off, their economies further damaged, and their travel ability restricted, she said. It also risks a serious unintended consequence: scaring African countries into covering up evidence of Ebola on their soil.

"What does it say — how do we value that country and those people? I don't think Canada would have imposed such a ban on the United States or England," Hanson said.

The Canadian government points out its policy allows some case-by-case exceptions, and because it doesn't apply to people with Canadian passports it wouldn't affect health workers heading to Africa.

THE CANADIAN PRESS



The city is their winter wonderland

Robert Boersma stands poised atop a railing in Calgary. Like many so-called urban skiers across the country, Boersma and his friends spend all summer plotting out and planning what locations to hit up when the city finally gets its winter coat and it's time to turn cityscapes into playgrounds. "In the city you can look at anything and make it into anything," Boersma says. "You can take a railing going along a bank and hit it and land on the bank, or you can look at a wall and drop off the wall, ski up the wall." COURTESY CHRIS PILLING

Springing into action

Canadian Navy members fight Turkish fire

The federal government says six Royal Canadian Navy members sprang into action to battle a fire while dining on shore in Turkey,

dousing flames and evacuating a burning building.

National Defence says the crew members of HMCS Toronto were eating at a restaurant during a port visit in Antalya on Friday when they spotted the blaze.

Acting quickly, the group grabbed a fire hose, rigged it in the street outside the burning structure and

sprayed it with water, snuffing out the fire.

The military says HMCS Toronto was in Antalya after participating in a Turkish-led anti-submarine exercise. That exercise was part of NATO-supporting military activities taken in response to Russia's aggressive actions against Ukraine.

THE CANADIAN PRESS

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- More than 130 communities
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For a complete list of torchbearer guidelines and contest rules, visit TORONTO2015.org. This torch relay route map was created September 2014 and is subject to change.

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News media call for Bourque evidence to be made public

New Brunswick.

Lawyers to argue about access to trial exhibits, including videotaped confession of man who killed three Mounties

Lawyers will be in a New Brunswick courtroom Monday to argue whether exhibits entered as evidence at Justin Bourque's sentencing should be made public, including a videotaped police interview where he admits to shooting three RCMP officers dead and wounding two others.

Bourque was sentenced last month to life in prison with no eligibility for parole for 75 years, after pleading guilty to three counts of first-degree murder and two counts of attempted murder. The penalty is the harshest Canada has seen since the last state-sanctioned executions in 1962.

A number of news media organizations, including The Canadian Press, have asked for access to the exhibits that

Quoted

"This case where you have this kind of ambush and premeditated gunning down of RCMP members is a public interest in Winnipeg, just like it's a public interest ... in Moncton."

Lawyer David Coles, who represents media organizations, including The Canadian Press, that have asked for access to exhibits used at Justin Bourque's sentencing hearing

were used at his sentencing hearing.

Lawyers for Bourque and the Crown are opposing the request.

David Coles, the lawyer representing the media, said the public has a right to see and hear the evidence.

"It seems to me the Canadian people have a right to review the evidence upon which the chief justice made the decision that was appropriate," Coles said. "We live in a society where, unfortunately over the past several years, a multiplicity of our peace officers have been gunned down and one has to ask, 'Are the protocols appropriate? Are their orders appropriate? Is their equipment sufficient?'"

Crown prosecutor Cameron Gunn declined comment

in advance of Monday's hearing. Bourque's lawyer, David Lutz, did not return a request for comment.

Coles said the evidence should also be made public because while it was presented in open court, not everyone could be there to hear it, and the information it conveys is of interest throughout Canada.

"Is the evidence sought to be kept from the Canadian public of a nature that it warrants an extraordinary order to seal it from examination by people?"

The exhibits include recordings of 911 calls, police radio transmissions from the five officers shot and an interview Bourque gave to police after his arrest June 6.

THE CANADIAN PRESS



Wind-farm opponents hope to have their say

A wind turbine is seen in Melancthon Township, Ont., on Sunday. Groups opposed to industrial-size wind farms are looking to intervene in a landmark appeal that begins Monday against one of Ontario's largest wind-energy projects. The constitutional challenge before divisional court focuses on claims by farm families concerned about the potential health effects of living as close as 500 metres to the turbines. COLIN PERKEL/THE CANADIAN PRESS



Prime Minister Stephen Harper holds a koala at the G20 summit in Brisbane, Australia, on Saturday. ANDREW TAYLOR/G20 AUSTRALIA/THE ASSOCIATED PRESS

G20 Australia. Canada to contribute to UN climate fund, Harper announces

Canada will soon contribute to a United Nations climate fund that helps impoverished nations cope with climate change and to develop cleaner sources of energy, Prime Minister Stephen Harper said Sunday.

The pledge, made at the end of the Group of 20 summit in Australia, comes on the heels of an announcement by

U.S. President Barack Obama that the U.S. is contributing \$3 billion to the Green Climate Fund.

"We want to see and we will be part of an international agreement of binding obligations on all major emitters," Harper said. THE CANADIAN PRESS

For more G20 coverage, see page 8

Senior Toronto cop to face hearing over mass G20 arrests

A long-delayed disciplinary hearing is finally slated to start Wednesday for the most senior police officer charged in relation to the mass violation of civil rights during the violence-marred G20 summit four years ago.

Civil liberties groups said they would be keeping a close eye on the month-long proceedings against Toronto Supt. David (Mark) Fenton given the unprecedented detentions of more than 1,000

Quoted

"It's a crucial piece in the entire accountability process."

Sukanya Pillay, executive director of the Canadian Civil Liberties Association

people and the heavy security expected at next year's Pan-Am Games in Toronto.

"It's a crucial piece in the entire accountability process," said Sukanya Pillay, executive director of the Canadian Civil Liberties Association. "Four

years later, Canadians are still looking for answers. We need answers."

Fenton, the major incident commander, faces a total of five charges of unlawful arrest and discreditable conduct arising out of two notorious

"kettling" incidents that occurred over the summit weekend.

To date, only two constables of 32 officers charged have been found guilty of discreditable conduct arising out of the G20. Another 14 cases were dismissed, withdrawn or stayed. The rest are ongoing.

Insp. Gary Meissner, the only other senior officer to be charged, retired before a hearing could take place.

THE CANADIAN PRESS

One dead, two wounded after shooting at Toronto restaurant

Toronto police are searching for two suspects after a brazen shooting at a packed downtown restaurant killed one man and sent two women to hospital.

Det.-Sgt. Gary Giroux says the group was eating at the Garden Restaurant around 4 a.m. Sunday when they got into a dispute with the suspects.

He says two of the suspects then pulled out guns,

with one then opening fire with a semi-automatic pistol.

Thirty-two-year-old Tariq Mohamed, of Mississauga, Ont., was shot in the head at close range and pronounced dead at the scene, while the two women — both in their 20s — were hit in the chest and abdomen and taken to hospital with non-life-threatening injuries.

Giroux says the restaurant was nearly full at the

time of the shooting, and that around two dozen witnesses are being interviewed.

The shooter is described as a black man aged 20 to 30, five-foot-10 to five-foot-11 with a dark complexion, who police say appears "lanky" and was wearing a black hoodie and black tuque.

The second suspect is black, aged 20 to 30, with a dark complexion and is shorter than the shooter, and

has a stocky build, hair "in cornrows to the neck, eyes popping out or bulging" and was wearing a dark hoodie with unknown writing or logo on front.

"There's a single shooter, by all accounts," Giroux said.

He said it's believed the three victims were at a nightclub earlier in the evening but that isn't believed to be connected to the shooting.

THE CANADIAN PRESS

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Obama slams beheading of U.S. aid worker as 'an act of pure evil'

About a dozen others also killed. The White House confirmed the death of U.S. aid worker Peter Kassig, the fifth Westerner killed by ISIL

The Islamic State of Iraq and the Levant (ISIL) released a video Sunday of a masked militant standing over a severed head it claimed was Peter Kassig, a former U.S. soldier-turned-aid worker who was taken hostage while delivering relief supplies to Syrians caught in that country's brutal civil war.

Hours later, the White House confirmed Kassig's death after a review of the video, which also showed the beheadings of a dozen Syrian soldiers.

Kassig, 26, a former Army Ranger who returned to the Middle East to help wounded

and displaced Syrians, "was taken from us in an act of pure evil by a terrorist group that the world rightly associates with inhumanity," U.S. President Barack Obama said in a statement. He denounced the extremist group, which he said "revels in the slaughter of innocents, including Muslims, and is bent only on sowing death and destruction."

With Kassig's death, ISIL has killed five Westerners it was holding. American journalists James Foley and Steven Sotloff were beheaded, as were British aid workers David Haines and Alan Henning. Unlike previous videos of slain Western hostages, the footage released Sunday did not show the decapitation of Kassig or the moments leading up to his death.

"This is Peter Edward Kassig, a U.S. citizen ... who fought against the Muslims in Iraq," said the black-clad mil-



This undated file photo provided by the Kassig family shows Peter Kassig standing in front of a truck filled with supplies for Syrian refugees.
COURTESY KASSIG FAMILY/THE ASSOCIATED PRESS

itant, who spoke with a British accent that was distorted in the video, apparently to

disguise his identity. Previous videos featured a militant with a British accent that the FBI

Captured in Syria

Peter Kassig captured while delivering aid

Peter Kassig first experienced the Middle East as a soldier, then returned as a student and, finally, as a humanitarian intent on helping those whose lives were upended by the brutal

civil war in Syria, whatever their allegiance.

Kassig was captured last year in eastern Syria while delivering relief supplies to refugees of Syria's civil war. The Indianapolis man, a former U.S. Army Ranger who founded a relief organization, converted to Islam while in captivity and took the first name Abdul-Rahman.

says it has identified, though it hasn't named him publicly. The video appeared on websites used in the past by ISIL, which now controls a third of Syria and Iraq.

The video also showed the beheadings of about a dozen men, identified as Syrian military officers and pilots. A black-clad militant warns that U.S.

soldiers will meet a similar fate.

Kassig's family said in a statement that they preferred that he "is written about and remembered for his important work and the love he shared with friends and family, not in the manner the hostage takers would use to manipulate Americans and further their cause." **THE ASSOCIATED PRESS**

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Amateur footage of Flight 17 downing shows alarm in village

Four months after Malaysia Airlines Flight 17 was shot down over rebel-held eastern Ukraine, The Associated Press has obtained video that shows how close the burning passenger jet came to hitting village homes and suggests that residents first assumed it was a Ukrainian military plane that had been struck.

The amateur footage, filmed by a resident of Hrabove, shows people reacting in alarm as wreckage blazes only a few metres away from their homes on the afternoon of July 17. The video is perhaps the first taken immediately after the plane came down.

The ultimate cause of the MH17 disaster is the subject of major diplomatic disputes. Ukraine and Western government say Russia-backed separ-



In this image from a video taken on July 17 and obtained by The Associated Press, men stand near the wreckage of Malaysia Airlines Flight 17 near the village of Hrabove, eastern Ukraine. **THE ASSOCIATED PRESS**

tist fighters fired the rockets that felled the plane, while state-run television in Moscow

over the weekend produced evidence it claims places blame with Ukraine's air force.

All 298 people aboard the Boeing 777 flying from Amsterdam to Kuala Lumpur were killed when it was shot down over a rebel-held area. Charred remains of the aircraft are scattered around fields over an area of 20 square kilometres.

Workers on Sunday began collecting debris from the crash site, under the supervision of Dutch investigators and officials from the Organization for Security and Cooperation in Europe. The recovered fragments will be loaded onto trains and taken to the government-controlled eastern city of Kharkiv. The investigation into what happened to MH17 is being conducted there and in the Netherlands. **THE ASSOCIATED PRESS**

Christian enclave

Chibok recaptured by Nigerian forces

The Nigerian army has regained control of Chibok, the northeastern town where more than 200 schoolgirls were kidnapped by Islamic

extremists more than six months ago, said army officials.

The army wrested back control of Chibok on Saturday, about 48 hours after it had been captured by the Islamic militants of Boko Haram, Nigerian army spokesman Brig.-Gen. Olajide

Olaleye told the Associated Press.

"Chibok is free. Secured," Olaleye said.

Chibok is an enclave of mainly Christian families, some involved in translating the Bible into local languages, in the mainly Muslim north of Nigeria. **THE ASSOCIATED PRESS**

PUT WINNIPEG IN THE SPOTLIGHT – LITERALLY

As a holiday tradition, Winnipeg's downtown light display is brilliant. But as a statement about how dynamic and modern a city we are, it's a faded bulb.

The collection of angels and stars is quaint and pretty, but it's not a lot different from what you might find topping lampposts in Winkler or Birtle.

So is there more we could do for the considerable investment of time and money these lights require?

As reported in Metro last week, the city and Manitoba Hydro will pay about \$2 million over the next five years to install, maintain and operate the lights. And crews spend close to a month putting the fixtures up and taking them down again just eight weeks later.

Jeremy Kramer, who designed the multi-coloured lighting on the facade of the Richardson Centre, suggested that for \$2 million, the city could make a big impact over an eight- or 10-block stretch of Portage Avenue.



URBAN COMPASS
Colin Fast

winnipeg@metronews.ca

Modern LED fixtures could light up building facades and sidewalks with colours that change by the season, and the entire display could be built up over a number of years.

Kramer pointed to the example of the Luminous Pathway in Montreal. Initially created as a series of red dots that lit sidewalks in front of venues in the city's cultural district, it now includes multi-coloured LED light displays, eight projectors that bring buildings to life with interactive shows, and an international lighting competition.

A group of volunteers in Edmonton recently raised \$2.5 million to install 50,000 LED lights along the High Level Bridge. The lights made their debut on Canada Day, changing patterns to a performance of O Canada by the Edmonton Symphony Orchestra.

And Brisbane illuminated its signature buildings as part of celebrations for the current G20 summit. There, people can go to a kiosk to pick their own palette and paint their city with colour at

the press of a button.

Sounds a heck of a lot better than snowflakes on a pole.

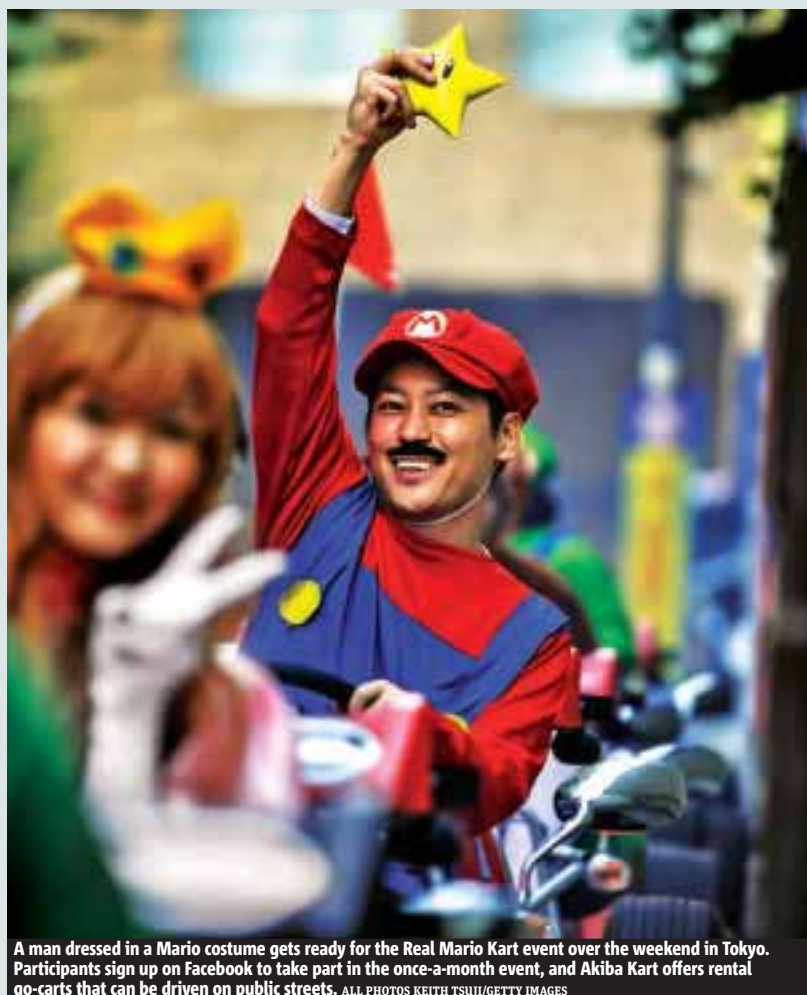
Imagine programmable lights along Portage that shone red and white to celebrate Canada Day, or pink during breast cancer awareness month. Our main drag could dance with blue, red and white if the Jets made a playoff run, and blue and gold if the Bombers won a game.

Local digital designer Meghan Athavale suggested the city could even hold contests to get citizens to design their own holiday displays, or make the lighting system available for artists to program.

Redirecting the existing light budget would get things started, but building owners could also be tapped to contribute, a fundraising campaign could be launched, or the city could even sell some of its existing light fixtures to smaller communities (hello, Birtle!).

The city has bigger priorities, but we're already spending a lot of money to put up temporary decorations. Let's leverage that investment to shine a permanent light on the downtown instead.

Kawaii Mario Kart



A man dressed in a Mario costume gets ready for the Real Mario Kart event over the weekend in Tokyo. Participants sign up on Facebook to take part in the once-a-month event, and Akiba Kart offers rental go-carts that can be driven on public streets. ALL PHOTOS KEITH TSUJI/GETTY IMAGES

Japanese cosplayers bring racing game to busy Tokyo streets

Are you a big fan of Nintendo's Mario Kart video games on the Wii and 3DS? Well, you might be interested to watch these Japanese cosplayers bring Mario Kart characters to life on the roads of Tokyo.

The real-life Mario Kart drivers have been seen driving through the Tokyo districts of Shibuya and Harajuku, and are always happy to pose for photos and ham it up for the cameras when they stop at traffic junctions. IBTIMES.CO.UK

Wanna get in on the fun?

Interested parties can rent a go-kart for themselves in Tokyo.

- The go-karts are street legal and travel at a maximum speed of 55 km/h.



MetroTube



Turkey gets the herky jerky



ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, at first this was amusing: A hapless turkey suitor, working his best plumage game, only to be foiled by a lady bird's quick-thinking rejection technique. But it didn't take long before that laughter turned to tears, because this bird's face-planting failure looks all too familiar. (YouTube)



GETTY IMAGES

Twitter

@metropicks asked: In the latest twist, the big cat on the loose in Paris is not a tiger after all, but hundreds of police officers are still on the case. What should the super-cool official operation name be?

@speirsr: "What should the super-cool official operation name be?"
Operation Tigger Bounceth

@_LeftOne: Spy of the Tiger?

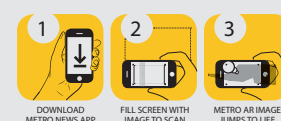
@SteveShrout: Operation Furball. Catnip Caper. Operation Freaky Feline. Operation Here Kitty Kitty Kitty. (The last is my fav)



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G20 leaders make a long list of promises

Australia. The group of 20 leading economies issued a communiqué after a weekend summit

this year is about \$77 trillion.

An assessment of the initiatives by the IMF and OECD says their clarity and concreteness has increased but some remain "insufficiently precise."

Women at work

The G20 nations want to see 100 million more women in employment by 2025.

That will require reducing the barriers to female participation in the workforce. It would reduce poverty and inequality and boost economic growth. But the communiqué does not say how this new goal will be achieved.

Tax evasion

To prevent cross-border tax evasion by corporations and wealthy individuals, G20 countries agreed to automatically exchange tax information with each other and with other nations by 2018 at the latest.

THE ASSOCIATED PRESS

Growth

Leaders finalized a plan outlined by their finance ministers early this year to boost the world economy. Through 1,000 policy measures, 800 of which are new, they hope to add \$2 trillion US to world GDP by 2018 on top of the growth already expected. World GDP



Unlocking the secret to 'an unstealable bike'?

It's a bicyclist's dream: a bike that can't be stolen. The Yerka, a prototype designed by three young Chilean engineering students, is the latest entry in a recent trend of bikes that can be locked using some of their own parts. They include Brooklyn-based Seatylock, which uses its saddle seat as a lock, and Seattle-based Denny, which is locked with its detachable handlebars. But the inventors of the Yerka have made a twist in that approach. The bike's lower frame opens up into two arms that are then connected to the seat post and locked to a post, so thieves would have to destroy a Yerka to get it unlocked, leaving it valueless. "That's why our motto is 'A bike that gets stolen is no longer a bike.' What we have here is truly an unstealable bike," said Cristobal Cabello, who came up with the design during a college engineering class with childhood friends Andres Roi Eggers and Juan Jose Monsalve. In Chile and elsewhere in Latin America, the spread of designated cycling lanes, storage racks and bike share programs are encouraging commuters to switch from cars to bikes, which are cheaper and environmentally friendly. LUIS ANDRES HENAO/THE ASSOCIATED PRESS FILE

Workin' 9-5? Paid to play, what a way to make a livin'

From nine to five, seven days a week, Robert Schill plays video games while sitting on a plush, brown sofa in central Florida.

Hundreds, sometimes thousands, of people watch. His web channel has more than 35 million hits in one year.

And Schill gets paid for it.

The 26-year-old Schill along with his roommates, 29-year-old Adam Young, and Brett Borden, 26, each clock in eight-hour shifts on the sofa.

They are the stars of StreamerHouse. They broadcast via Twitch.tv, an online network that attracts tens of millions of visitors, most of whom watch footage of other people playing video games.

StreamerHouse is set in a 1920s-era Mediterranean-revival home graced with 20 cameras, at least 15 computer screens and two bulldogs (Mister Pig and Baby Pig). It's part reality TV, part talk radio and part performance art.

THE ASSOCIATED PRESS

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Ebooks



Kitten Clone

By. Douglas Coupland

Kindle/iBooks/Kobo

• • • • •

Inspired by the way Internet searches can unfold like stories, Coupland uses an anecdote about kittens to delve into the Internet's origins through a mysterious, hidden company that is the keystone of our connected world. He plays with font sizes, uses html codes, and even holds conversations with ghosts past and future for this strangely engrossing, but enlightening, tech tale.

KRIS ABEL

Music

30th-anniversary Band Aid single helps Ebola fight

Bob Geldof, One Direction, Bono and about 30 other stars gathered in a studio in London on Saturday to record a 30th-anniversary version of the Band Aid charity single, to raise money to fight Ebola.

Led Zeppelin's Robert Plant, Coldplay's Chris Martin and Sinead O'Connor were also among the rockers brought together by Geldof to sing the fourth version of Do They Know It's Christmas?

The single aired last night for the first time on Britain's X Factor TV show, and has been officially released today for digital download.

"All pop singers can do is sing, write songs, give up whatever they're doing," Geldof told reporters and fans outside the Sarm Studios in Notting Hill.

The rocker-turned-activist said he had been spurred into action not out of nostalgia, but by a call from the United Nations, concerned about not having the necessary funds to combat the epidemic in west Africa. The virus has claimed more than 5,000 lives, almost all in Liberia, Guinea and Sierra Leone. **AFP**

Sam Smith's brave songs help cure his loneliness

Music. Breakthrough artist bares his soul in deep, honest lyrics that he believes resonate with his fans

If you go to a Sam Smith concert, you'll probably hear his stories of unrequited love and how he's never been in a relationship.

But he says that void has been slowly filled — partly thanks to meeting men and going on dates — but mainly because of his devoted fans, who have helped him top the charts with his album, push out millions of singles and sell out stadiums like Madison Square Garden.

"I'm going on dates, here and there, meeting people," Smith said in a recent interview. "I'm not lonely anymore because of that, but obviously I would like someone next to me while I sleep."

"But I'm working on that," he added with a laugh.

Smith is the year's breakthrough act, thanks to his booming, soulful voice, playful demeanour and deep, honest lyrics that help break up the monotonous, dance-heavy sound on pop radio.

In the Lonely Hour, his debut album released in June, has sold close to 773,000 copies. His single Stay With Me peaked at No. 2 on the Billboard Hot 100 chart and sold more than three million tracks. And other songs have built on his buzz, from another Top-10 hit and multi-



Sam Smith has sold millions of copies of his soulful songs. THE ASSOCIATED PRESS

platinum success, Latch, with Disclosure, to the upbeat La La La, with Naughty Boy, to Smith's newest single, I'm Not the Only One, which jumped to No. 11.

The 22-year-old has several big-name fans, from Beyoncé to Mary J. Blige, with whom he's recorded. And he's been getting calls to collaborate with others.

"I remember being ecstatic for having 200 Facebook likes. ... Now, I take that completely for granted, now that I have like a million. But I'm now thinking, 'I really would like two million.'"

The Lonely Hour features lyrics that are brave and straightforward — Smith tells one man to leave his lover for him on one song, and on an-

Quoted

"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Sam Smith, singer/songwriter

other he's open about being in love with someone who doesn't feel the same.

"When I'm speaking about my insecurities ... that's when my music is the best. And that doesn't happen every day, so this writing process was quite dramatic, and because I was trying to get these songs that were honest and brutal and real," said Smith, who co-wrote each song. "I'm not a naturally sad person, so I was writing for a year and I wasn't sad every single day for a year, so that was tough."

He believes his fans are resonating with his honesty.

"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Smith said fans have told him intense stories about connecting to his music. He's also a voice for young gay men and women who look up to him.

"It's so, so deeply important to me to be a spokesperson ... but not just for gay people — for straight people, for lesbians, transsexuals, anyone in the world. I want my music to relate to absolutely everyone."

THE ASSOCIATED PRESS

Movies. Jennifer Aniston's sex-crazed dentist role is even raunchier in 'bad dirty' Horrible Bosses sequel

Jennifer Aniston said she pushed her sex-crazed dentist character as far as she could in Horrible Bosses 2, but she's willing to try again in a third instalment.

Asked if another sequel is in the works, she replied, "I don't know. It's up to you all."

Horrible Bosses 2, the followup to the 2011 hit, opens Nov. 24. It stars Jason Bateman, Jason Sudeikis and Charlie Day as amateur entrepreneurs who get caught up in a kidnapping scheme when their business deal with a conniving investor, played by Christoph Waltz,

goes awry.

The actors improvised a lot during filming, Aniston said in a recent interview, until it became a gross-out contest between the stars.

"This one went into a territory that I think just wasn't even funny," she said. "I couldn't even make it dirty funny. It was just bad dirty."

When it came to creating her character, Aniston said she told the filmmakers: "Just go as far as you can until someone actually gets sick from it."

She feels there's more to do with Dr. Julia Har-

ris. "She's hardly tapped out. We all were a bit sad when this movie came to an end because I, for one, felt it was too soon to end Julia's party."

As the 45-year-old promotes her new comedy, she's also getting potential awards attention for her dramatic turn in Cake, which is open now in limited release. She's not ruling out a return to TV, either, although she didn't hint at any specific plans.

"I've never said never to coming back to television," the Friends star said. "Television is pretty fantastic these days." **THE ASSOCIATED PRESS**



Jennifer Aniston THE ASSOCIATED PRESS



Taylor Swift ALL PHOTOS: GETTY IMAGES

Taylor's making Swift moves on Chris Martin

All of the year's gossip stories appear to be converging — and just in time for the holidays! Think of it as the Celebrity Singularity. The latest evidence? This Star magazine story that Taylor Swift — despite recent protestations that she's done dating for a while — has set her sights on Coldplay frontman and Gwyneth Paltrow ex Chris Martin, despite his on-again, off-again relationship with Jennifer Lawrence. Deep breaths, everybody. "Taylor would love to make Chris her

new boyfriend," a source tells the magazine. "She's taking advantage of how Jen's and Chris' busy schedules are keeping them apart. She can sense that their relationship is on shaky ground, so she's moving in — fast." All we need is a tag-team response from Blake Lively and Martha Stewart, and we're set. In all seriousness, though, can someone explain to me why Chris Martin is suddenly the hottest thing in Hollywood since sliced Clooney? I'm mystified.



Alfonso Ribeiro

No Fresh dance moves for Alfonso Ribeiro

Alfonso Ribeiro has been the biggest hit of this season's Dancing with the Stars, but is the show going to have to make do without him? E! News confirms that the former Fresh Prince of Bel Air star suffered another injury during rehearsals last week, and it's still unclear if he'll be performing Monday night — or continuing with the

competition at all. Ribeiro reportedly injured his back last week while trying to compensate for an earlier groin injury. "I'm doing a lot of treatment every week," he said after last week's show. "I'm doing everything I can just to maintain and try to keep going. It's a lot of work and it's tiresome, but as long as we keep going, I'm OK."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Usher's latest track has a touch of honey sweetness



STARGAZING
Malene Arpe
scene@metronews.ca

A new track by Usher is available only in boxes of Honey Nut Cheerios sold at Walmart. It's all part of a new trend of making it as difficult as humanly possible to obtain a song by your favourite artist. Check inside select packages of Radio Shack men's socks for fresh Coldplay tunes.

Andy Dick is arrested for stealing some random guy's necklace and then making his getaway on a bicycle. Too bad for you, Justin Bieber. Whatever stupid criminal thing you'll think up next, it will still be smarter than that.

Mick Hucknall of Simply Red says it's "probably" true that he slept with more than 1,000 women back when he was a big deal. In unrelated news, more than 1,000 women all over the world unconsciously made a yuck face.

Josh Hutcherson says he's "curious" how human flesh tastes, "like you want

to know what a pigeon tastes like, you know." "I know no such thing," said his Hunger Games co-star Donald "Squab" Sutherland.

Chad Kroeger says that we should all just stop speculating about the condition of his and Avril Lavigne's marriage. So, it's totally over, then? Got it.

Jennifer Lawrence calls co-stars Josh Hutcherson and Liam Hemsworth "my angels" and "my kittens." "Well," she continues, "I really don't care for Josh, but it's best to say nice, soothing things whenever he looks hungry."

Redfoo claims his new song, with the lyrics, "I said jump on the pole; I didn't need your opinion," isn't misogynistic while Nicki Minaj, whose latest video contains Nazi imagery and (for bonus points) was released on the anniversary of Kristallnacht, says she doesn't condone Nazi imagery. Congratulations, Eminem, for picking the right week to rap you'd "punch Lana Del Ray in the face twice like Ray Rice."

Jennifer Aniston says that she and love biscuit Justin Theroux "can entertain ourselves and talk about endless things." Endless things they like to talk about 1) Possibilities. 2) Universes. 3) Summer. 4) Breadsticks.



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News worth sharing.

3
LIFE

Make a list and check it twice to stick to your holiday budget

Christmas shopping.

Sit down and draw up a plan to avoid those impulse purchases that will bust the bank



**GAIL
VAZ-OXLADE**
Gail blogs daily at
gailvazoxlade.com

As we round the corner into December, holiday shopping is ramping up and we're all under the gun to balance a challenging year with a cheerful holiday season.

Did you learn your lesson last year and decide to set aside some money every month so you wouldn't end up putting your holiday on credit? Did you plan ahead, particularly for big purchases, and take advantage of the stuff that went on sale well ahead of the Christmas rush? Good for you.

Don't want to blow your brains out on gift-giving this holiday season? Pretend you are Santa: make a list and check it twice. Who doesn't need to be on there? To whom can you give a token gift to commemorate the season? How much are you going to spend on each person?

Even if you're just running out for eggnog or wrapping paper, without a list you'll fall victim to a whole bunch of "Jeez, I forgot I also need ..." and bring back a receipt you'll kick yourself for later. Making a list also helps you plan how you'll use those coupons you've got stashed in your wallet.



Before heading out, examine why you are buying gifts for certain people on your list. iStock

Before tossing anything into your shopping cart, ask yourself why you are buying it. Are you just fulfilling your duty to give a gift? Are you showing off? Are you trying to keep up? Or are you giving something you can afford that your friend, sister, son or partner will truly enjoy receiving? If they really love you, your mom, brother or BFF aren't going to be happier that you put yourself in financial stress instead of giving them something that might be slightly less and within your means. If they are judging you on your pressie, then they don't really love you and you shouldn't be buying them anything.

Don't self-gift while you're shopping. The one-for-me-one-for-you approach to holiday shopping is just an excuse

Quoted

"Resist the urge to open up all those store credit cards you'll be offered."

to be self-indulgent. More than three-quarters of us buy something for ourselves while shopping for others.

If you see something you want to add to your list, do so, but make sure you wait at least 48 hours before you buy it. Impulse shopping is at its peak during the Holiday Rush and it can be a budget killer.

Go home, check online for where else the item may be on sale, and make sure you're making a thoughtful decision.

Resist the urge to open up all those store credit cards you'll be offered. It's tempt-

ing to get that 10 per cent off your purchase for the day, I know, but think for a minute: stores must be making a lot of money on interest and late fees in order to offer you that special deal. And if you're the sucker who ends up carrying a balance, you'll spend far more in interest than you saved on purchases. And, yes, opening and closing store cards can mess with your credit score.

Skip the extended warranties. Most are a huge rip-off, so if you're even considering it, calculate the cost as a percentage of the item you are buying. Remember, manu-

facturers' warranties protect you, usually for up to a year, against any defect. And if you shop with the right credit card, your warranty can be extended to up to two years. Of the dozens and dozens of extended warranties I've been offered in my shopping life, there's only one that I would have made money on!

If you're a smart coupon shopper, you probably check online to see if there are any new offers before you hit the malls. But have you ever thought about setting up a "sale mail" email account when stores ask you for your email so you can get the coupons, but not be inundated with junk in your regular email?

As you grab your keys, grab a sandwich and a drink, too. If you're going to be out shopping for a while, pack a healthy snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self-control) can work properly.

If you can't find the perfect gift for someone on your list, consider a gift of cash. While gift cards may be more "holiday friendly," I only choose gift cards over cash when I want to be sure the body buys something I intended, as opposed to just incorporating the money into the cash flow for household bills. Yes, there are still selfless people who don't want to spend a cent on themselves.

The very best gifts don't cost a penny. Offer up your time babysitting, cooking meals, house cleaning, massaging, sewing, knitting, transporting, or whatever else you're good at.

Health. The stench of rotten eggs and fish could help you quit smoking

Olfactory conditioning during sleep could lead to behaviour change, according to a new study from the Weizmann Institute of Science in Israel that says exposing sleeping smokers to the stench of rotten eggs blended with that of cigarette smoke could lead them to quit.

Study author Dr. Anat Arzi says the researchers chose olfactory conditioning because it's the only sensory stimulus that doesn't wake individuals

from sleep.

Working with a group of 66 smokers looking to quit, a group was selected to spend the night in the sleep lab, where they were observed and periodically exposed to pairs of odours: either cigarette smoke and rotten eggs or cigarette smoke and fish.

In the morning, they had no recollection of the foul odours, but they reported smoking less throughout the

week that followed.

Another group was exposed to the foul odours while awake, but they didn't report smoking less the following week.

A third group was exposed to the two foul odours of rotten eggs and fish separately and to cigarette smoke separately and they didn't report smoking less either.

The paper was published in the *Journal of Neuroscience*.

AFF



A study published in the *Journal of Neuroscience* found that exposing smokers to bad smells while they slept could help them reduce smoking.

AFF

Part pasta, part soup, a lot of warmth

Soup Week. We've got you covered for creative slurping ideas, starting with Meatball and Small Shell Pasta Soup



ROSE REISMAN
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A mini meatball and shell pasta soup is a sure winner for the entire family.

It's a complete one-dish lunch or dinner consisting of meat, vegetables and pasta. With this hearty soup, you have a nutritious and well-balanced meal with protein, vegetables and grains.

Feel free to substitute ground chicken or turkey for the beef but increase the bread crumbs to four tablespoons. For extra fibre, use a whole wheat pasta.

Once the soup is made, you'll notice that the pasta swells and there may not be

enough soup. Just add another cup of stock when reheating.

By leaving out the pasta, you can make the soup up to two days in advance. When reheating just add the pasta and more stock if necessary.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil sprayed with vegetable oil.

2. To make the meatballs: Combine the ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsps of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Place on baking sheet and cook for 10 minutes, turning after 6 minutes.

3. To make the soup: While meatballs are cooking, lightly coat a large nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green pepper and



This recipe serves six. ROSE REISMAN

carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili

powder and meatballs. Bring to a boil, then reduce the heat to low and simmer, covered,

for 10 minutes.

4. Stir in the pasta and al-

Ingredients

Meatballs

- 6 oz lean ground beef
- 3 tbsps seasoned dry bread crumbs
- 2 tbsps barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsps Parmesan cheese

Soup

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup finely chopped carrots
- 4 cups low-sodium beef (or chicken) stock
- 1 3/4 cups homemade or store-bought tomato sauce
- 2 tbsps tomato paste
- 1 tsp chili powder
- 1/3 cup small shell pasta
- 1/4 cup grated Parmesan

low to simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish it with Parmesan cheese.



This recipe serves eight. ROSE REISMAN

Add crispy crunch to kale

If raw kale doesn't do it for you, try baked and crispy Kale Parmesan Chips. They're easy to make, incredibly healthy and so delicious!

Baking the chips also retains all the nutritional benefits, making them a great low-calorie snack.

Kale is a superfood and contains more than all your daily vitamin A and vitamin C in one cup. Vitamin A is important for eye health and is also a great heart-healthy food.

The key to keeping them crisp is to not cover the chips

after they're baked.

1. Preheat oven to 350 F.

2. Spray 2 large baking sheets with vegetable oil.

3. Tear kale into bite-size pieces and place in a large

bowl with olive oil. "Massage" the leaves for 2 minutes to soften and scatter on trays in a single layer.

4. Bake for 15 minutes or just until crisp. Sprinkle with Parmesan cheese and salt and pepper. **ROSE REISMAN**

Ingredients

- 1 large bunch green kale
- 2 tbsps olive oil
- 2 tbsps finely grated Parmesan

- cheese
- Salt and pepper to taste

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Money 101. Two couples, one year to make them richer

Overcoming financial obstacles



For 11 months, I have coached two Canadian couples to overcome their money fears. The result of taking control of their respective financial futures has been a collective net worth improvement of more than \$75,000. As we march towards the end of the year, we will lay out a five-year plan that will help each couple achieve their long-term financial goals. But first, we will examine obstacles that each couple faces in making their long-term plan a reality. – *Lesley-Anne Scorgie*



Anne-Marie and Peter will have to decide whether to buy a first home or have a second child. SHUTTERSTOCK

Anne-Marie and Peter

There are three major obstacles Anne-Marie and Peter face in making their long-term financial plans of owning a home and building up retirement savings:

- Peter's low income
- The high costs of child care
- The second child versus first home dilemma

Over the past year, Peter has been wrestling with the financial realities of having a career he loves in sports editing that pays much lower than a similar role in a large corporation.

His excellent work ethic and performance have helped him advance in title and work quality, but not in salary. After much lobbying by Peter and great deliberation by his employer, he secured a raise last month, equating to a 20 per cent salary increase.

Despite this excellent news, Peter still remains underpaid for his work relative to the market. So he will continue to monitor his options in 2015.

The second obstacle is how best to afford child care when Anne-Marie returns to work in the spring. The current quotes range from \$1,750 to \$2,000 per month until their daughter is 18 months old, at which point the child care fees drop approximately 30 per cent.

Anne-Marie and Peter recap

• Location: Toronto	savings, and are committed to paying off debt
• Ages: 37 and 33	• Rent or own: Rent
• Occupations: Broadcasting and sports editing	• Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
• Total household income: \$120,000	• Current net worth: \$110,000
• Life stage: First child arrived in May	• Homework from last month: Prepare a high-level five-year budget
• Financial savvy: Medium to high — they use budgets, have retirement	

Though the couple became familiar with these costs when they were planning their first child, they are still concerned about the impact these costs will have to their budget and overall lifestyle. They may have to consider serious cuts to their social spending, which is \$400 per month.

The third and most significant obstacle is the dilemma of having a second child versus buying their first home. They have tremendous anxiety around affording both, yet many families have gone this route before them and managed with much less.

The facts are that rais-

ing a family isn't cheap and neither is buying a home in Toronto. To have both will require a complete elimination of consumer debt (of which the couple is nearly there), a reduction in social and travel spending, and, most certainly, a higher-paying job for Peter.

Homework

For our last month together, Anne-Marie and Peter will work through a detailed 2015 budget that incorporates child care costs and prioritizes their down payment savings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina is hoping to go back to work part time when her youngest daughter is old enough for preschool. SHUTTERSTOCK

Carolina and Jose

Last month Carolina and Jose finally crossed the threshold into positive net worth. And the cherry on top of this good news was Jose's positive performance review, which landed him a five per cent raise to his annual income.

There is one primary obstacle the couple faces when working towards their long-term financial goals of starting a retirement savings program, eliminating their debt and contributing to RESPs for their three daughters — low household income.

Carolina and Jose recognize that just getting by with their current income is far from desirable.

Though they live an exceptionally frugal life, raising three children and paying a mortgage leaves little for other important financial priorities like saving for retirement, reducing their student loans, and paying for their term-life insurance policy.

Jose's recent raise will certainly help their monthly cash flow, but it doesn't fundamentally change their ability to make serious progress on their savings.

What would make a huge difference to their monthly cash flow is if Carolina went back to work part time in 15

Carolina and Jose recap

• Location: Calgary	a budget, purchased a home, are frugal, and have no retirement savings
• Ages: 33 and 32	• Rent or own: Own
• Occupations: Stay-at-home mom and roofing	• Top goals for 2014: Pay off debt, buy a house, and visit family
• Total household income: \$65,000	• Current net worth: \$1,000
• Life stage: Three daughters, aged five, three and one	• Homework from last month: Building a five-year budget around their five-year goals
• Financial savvy: Medium — they have established	

months, when their youngest daughter is old enough for junior preschool.

They have worked out the math and if Carolina could net \$1,000 per month after taxes, that would enable the couple to eliminate their remaining student debt in two years, kick-start RESPs for their daughters, while being able to contribute a few hundred dollars each month into their RRSPs.

When combined with Jose's ambitious plans to continue climbing the corporate ladder as a safety co-ordinator, they may eventually be able to afford a larger home

for their growing family and higher quality activities and training for their children.

The changes Carolina and Jose envision for their income won't happen overnight, so they will slowly chip away at these major goals, one dollar at a time.

Homework

For this month, Carolina and Jose's homework is to begin contributing \$25 per month to their RRSPs and finalize the details of their will and term-life insurance policy.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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My colleagues are giving me the cold shoulder



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,

I'm recovering from a bad cold, and while I feel healthy enough to return to work, I still have a lingering cough and runny nose. I can tell some of my co-workers are grossed out and/or scared of catching something from me. I don't want to fall further behind at my job — but I also don't want to ick people out. What can I do?

— Pass Me a Kleenex

Dear PMAK,

I'm no doctor, but it sounds like your colleagues might be coming down with a case of Acute Prissy Fear-of-Phlegmitis. It's November. The days are short. Our immune systems are under siege. There are airborne viruses everywhere. Getting sick is just one of the hazards of going to work — or out in the world at large.

Still, be courteous about your mucus. Frequent hand-washing, prompt nose-blowing, and into-your-sleeve sneezing are all chivalries your office snot snobs will appreciate. If your cough is aggressively fitful, hack it out in the bathroom rather than the break room. You can also remove yourself — and your stuffed-up sinuses — from the germaphobic stares of others. On particu-



Feeling a little achoo-stricized? Let them know your sniffly symptoms are end-of-a-cold in nature and that you will do your best to keep your coughs contained. ISTOCK

larly drippy mornings, try working from home or in a more isolated part of your company's space.

And unless you've just Purelled, put yourself on hiatus from handshakes, high fives, and all other forms of professional affection.

Dear Metro,

I get to work at 9 a.m. each morning, and I want to leave on time at 5 p.m. But all my co-workers linger at their desks until about 5:30. I don't have any reason to stay late, but I'm concerned it will look bad if I ditch

first every day. How can I get out of there without seeming like a slacker?

— Workin' 9 to not-5:30

Dear W9TN530,

Are you a slacker? If you're arriving at on-the-dot 9 and completing your tasks on time, there's no obligation to futz in your seat for the sake of appearances. But if your hasty departure reflects a half-baked work ethic, you may want to align your schedule to that of your colleagues.

The real issue isn't what

time you leave, but what you make of the time you spend there. Your office may have a culture of late-stayers, but there's no legal basis for unpaid overtime. Rather than concerning yourself with seeming like a slacker, concern yourself with becoming a reliable employee who consistently performs high-quality work. Then no one will care if you loiter until 6 or occasionally sneak out at 4.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.



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ally active than their counterparts.

In the study, researchers surveyed 49 day-shift office workers, of whom 27 worked in windowless offices and 22 had windows in their offices.

The workers self-reported their quality of life and overall health, but the researchers assessed their sleep using the Pittsburgh Sleep Quality Index (PSQI).

A subset of 21 participants was surveyed for light exposure, activity and sleep by means of actigraphy. Of these, 10 worked in windowless environments and 11 in spaces with windows.

The researchers measured additional physiological data using a wearable scientific device that could detect motion and levels of light.

"Light is the most important synchronizing agent for the brain and body," says Ivy Cheung, co-lead author and Ph.D. candidate in neuroscience in Zee's lab at Northwestern.

"Proper synchronization of your internal biological rhythms with the Earth's daily rotation has been shown to be essential for health."

AFF

A study from Northwestern Medicine and the University of Illinois at Urbana-Champaign indicates that all-day exposure to natural light leads to better and longer sleep at night, increased physical activity, quality of life and efficiency at work.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," says senior study author Dr. Phyllis Zee, a Northwestern Medicine neurologist and sleep specialist.

The study focused on office workers. Windows in a workplace could result in 173 per cent more white light exposure during the day and an average of 46 minutes more sleep at night, researchers concluded.

They also noted that workers with more light exposure tended to be more phys-



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Why time with a rook is as good as a book

Education. The benefits of teaching young learners to master the strategy of the game

LAKSHMI GANDHI
Metro in New York City

Chess dates back to sixth-century India and has long been associated with strategy and concentration. Schools and after-school programs are capitalizing on the game as a way to teach students how to think critically and manage difficult situations.

"Chess is a game of calculation," says Michael Propper, the director of Chess NYC, New York's largest chess organization.

We talked to Propper about some of the academic and social benefits of children playing chess.

It forces kids to think outside the box

"Every move you make has a consequence," says Propper.



Make your move to a pastime that sparks the smarts. ISTOCK

"It's a sport, and we treat it as such."

He says young chess players approach problems in novel ways after learning the rules of the game.

It enhances math skills

"It's a game that helps you think scientifically, it helps critical thinking skills and it helps enhance math skills," he points out, noting that

many students grow stronger in math and science in particular.

"Chess is a game of calculation. It assists you in calculating and focus."

Because of that, it's probably no surprise that students who play chess tend to gravitate toward the sciences.

"Some of them have that natural reasoning ability," says Propper. "The other half start to develop it."

Chess also helps you think like a programmer.

The skills students learn playing chess also lend themselves to the world of coding.

"(There's) symmetry between chess and coding," says Propper. Building on that connection, Chess NYC has just introduced a coding class for students in its camps and after-school programs.

Actions and reactions

"Every move you make has a consequence. It's a sport, and we treat it as such."

Michael Propper, Director of Chess NYC

Playing also helps socializing skills

Programs like Chess NYC expand horizons by having young players compete against players of all ages and backgrounds. Propper notes that the oldest chess player in his organization is 104. "It helps them make friends and socially feel more confident," he notes.

Eyes on the prize

Chess is the original role-playing game

- Propper says he and the rest of the Chess NYC staff aren't concerned about losing their students' attention spans to common distractions like video games or the Internet. "Chess is (like) a video game," he replies. "Once you start to do it, it's absolutely addictive and a lot more fun."

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Wild right-winger Nino Niederreiter falls as he scores on Jets goalie Ondrej Pavelec on Sunday night in St. Paul, Minn. ANN HEISENFELT/THE ASSOCIATED PRESS

Jets' best shot falls short in St. Paul

NHL. Winnipeg battles back from three-goal deficit, but 0-for-8 power play ensures comeback falls short

The Minnesota Wild got Zach Parise back from injury and Marco Scandella back from illness just in time.

Parise had two goals after missing five games with a concussion, and Scandella had the game-winner in overtime to give Minnesota a 4-3 victory over Winnipeg on Sunday. Minnesota blew a 3-0 lead in

On Sunday

4

Wild

3

Jets

the third period before Scandella's low wrist shot from just inside the blue-line beat Michael Hutchinson at 1:01.

Scandella said he didn't realize the puck went in until he saw teammate Jason Pominville's reaction.

"He was just screaming, so I was like, 'Whoa. Maybe I put

that one in,'" Scandella said. "It was nice."

Especially nice for Minnesota since the Wild were reeling after Winnipeg scored three goals in five minutes in the third. The Jets outshot Minnesota 22-14 in the second and third periods. Their physical play led to 14 penalties in the second period, eight against the Wild.

The Jets went 0-for-8 on the power play, including two 5-on-3s that lasted 36 and 47 seconds.

Michael Frolik ended Niklas Backstrom's shutout bid at 5:55 with a wrist shot from the left side of the net. Then Evander Kane scored

his second goal this season when his backhand from the bottom of the right circle bounced off Backstrom's pads and in between his legs at 8:19.

Less than three minutes later, Adam Pardy's shot from the point deflected off Andrew Ladd to make it 3-3 and fired up the loud contingent of Jets fans.

"I'm really, really proud the way they handled a couple of real bad breaks there in the first period that would have shattered most teams," Jets coach Paul Maurice said. "We got a little snarl on and fought our way back."

THE CANADIAN PRESS

Mr. Hockey

Howe's health takes a turn for the worse, son says

Gordie Howe is "not doing well at all" several weeks after suffering a stroke, according to his son Mark.

The Hall of Famer known as "Mr. Hockey" had initially been improving better than expected, but that changed recently.

"His health has taken a turn for the worse this past week to 10 days and we are doing what we can to help his situation the best that we can," Mark told The Canadian Press. "But he is not doing well at all is the bottom line."

Gordie Howe, 86, had a stroke Oct. 26.

THE CANADIAN PRESS

Hardy Cup

Bisons exorcise Dino demons

The Manitoba Bisons were determined to prevent the Calgary Dinos from knocking them out of the playoffs for the third year in a row.

Kienan LaFrance helped make sure that didn't happen as he ran for 155 yards and a touchdown during Manitoba's 27-15 win over Calgary in the 78th Hardy Cup on Saturday afternoon.

"Each year we just got more angry and angry," said LaFrance, who left McMahon Stadium in Calgary disappointed the past two years following playoff losses. "Every time we came out here was just an embarrassment. It's been a chip on our shoulder that's for sure. It feels great to finally take down the big dogs."

THE CANADIAN PRESS

Esks put end to Riders' reign as champs

When the Edmonton offence couldn't get it going, the defence more than made up for it on Sunday.

The Eskimos defence recorded five interceptions and Kendal Lawrence had an 84-yard punt return touchdown on special teams as Edmonton beat the Saskatchewan Roughriders 18-10 in the CFL's West semifinal.

"Our defence was pretty vital tonight," said Eskimos head coach Chris Jones. "We needed to play good there. If you want to win in the play-

offs you have to play great on defence."

"Our defence seems to be able to do that week in and week out," Lawrence added. "They gave us a lot of chances on offence and we just need to take better advantage of them."

The game was billed as a battle of the backup quarterbacks between Edmonton's Matt Nichols and Saskatchewan's 41-year-old QB Kerry Joseph, but neither lasted past the midway mark of the third quarter.

East semifinal

With third string running back Brandon Rutley leading the way with 95 yards on 15 carries, the Montreal Alouettes piled up 215 rushing yards in a 50-17 trouncing of the B.C. Lions in the CFL East Division semifinal on Sunday afternoon.

Edmonton's No. 1 quarterback Mike Reilly came into the game six minutes into the

third quarter despite nursing a broken bone in his right foot.

"I knew I was probably going to get in at some point," said Reilly, who was then asked to critique his performance. "We won so good enough. That's how it goes in the playoffs. If you win, you were good enough. If you lost, you didn't. We played good enough against a good football team in some tough conditions out there. It will only get harder from here on out, so we certainly want to get better though." THE CANADIAN PRESS



Kendal Lawrence scored a punt-return TD on Sunday. GETTY IMAGES

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The facts of your situation are not in doubt, but what will you do about them? If your instincts point you in one direction while everyone else says you should do the opposite, trust your gut.

♉ Taurus

April 21 - May 21

If, as the planets suggest, you are getting frustrated at being ignored do something about it. There is no excuse for keeping your thoughts to yourself.

♊ Gemini

May 22 - June 21

What you need to remember over the next few days is that there are many routes to self-discovery, and many routes to fame and fortune too. Find a simple way to combine the two.

♋ Cancer

June 22 - July 23

With both Mercury and Uranus strong in your chart today there will be moments when your ideas and insights are touched by genius. What you discover is meant for sharing.

♌ Leo

July 24 - Aug. 23

Never be afraid of your feelings, even when they are negative in nature. If you are annoyed about something there must be a reason for it.

♍ Virgo

Aug. 24 - Sept. 23

If an amazing idea surfaces in your mind today you must do something with it. Write it down in as much detail as you can straight away.

♎ Libra

Sept. 24 - Oct. 23

Don't listen to those who say you must follow the "official" line on something. Trust your own moral compass.

♏ Scorpio

Oct. 24 - Nov. 22

Your mind is awash with ideas but you seem reluctant to do much with them. Maybe that's because you don't want to begin new projects in a rush of enthusiasm only to lose interest in them later. Take your time.

♐ Sagittarius

Nov. 23 - Dec. 21

Instead of looking for ways to back out of a commitment, look for ways to make it work in your favour. If you combine positive with lateral thinking your life can be a huge success.

♑ Capricorn

Dec. 22 - Jan. 20

A minor piece of information could have major repercussions today. Something you are told may sound unlikely but don't dismiss it. Strange things are taking place behind the scenes.

♒ Aquarius

Jan. 21 - Feb. 19

It may seem as if someone is talking down to you but likely it is your defensive attitude that makes it look that way. You need assistance and they are willing to help, so relax.

♓ Pisces

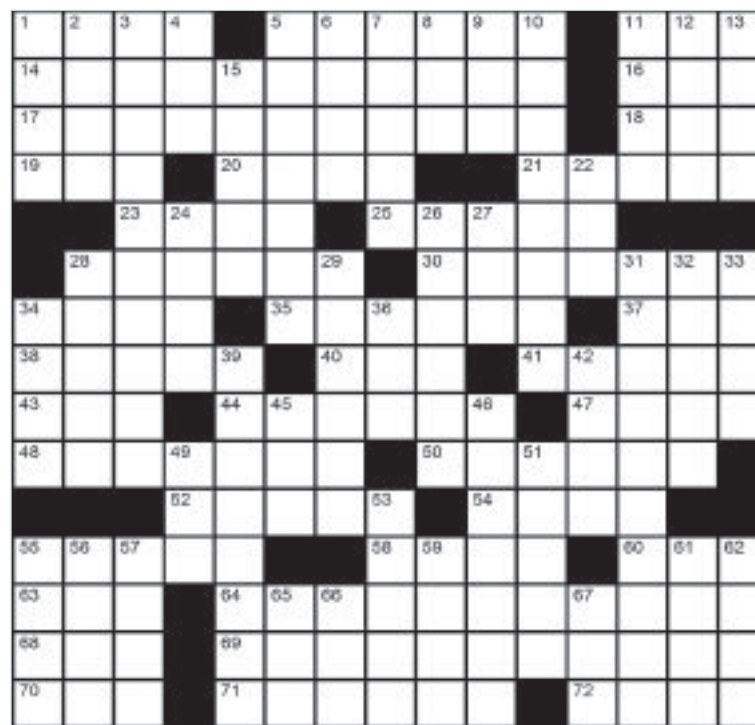
Feb. 20 - March 20

A problem that started out small has now grown to occupy your every waking thought. So, yes, it's high time you dealt with it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

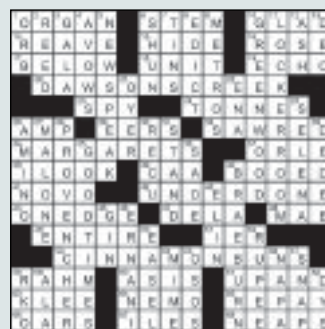
1. Morning talk's Kelly
5. American-Canadian writer Mr. King
11. Truck co.
14. Vancouver attraction: 2 wds.
16. Be out of sorts
17. It's when celebs get special and/or unorthodox medical treatment: 2 wds.
18. Stew bit
19. Health or safety message, e.g.
20. Brain wave
21. Be a popular Twitter topic
23. Tree variety
25. "Amadeus" (1984) star Tom
28. Scant
30. Road traverser
34. Mr. Damon
35. Marriage partner
37. '___' for Avonlea
38. Ben of "Saving Hope"
40. Basketball's li'l Magic city
41. Mailing enclosures, commonly
43. Former-NBAer, ___ Ming
44. Doodle, then erase, say
47. Bjork: "It's ___ Quiet"
48. As Seen On TV blanket
50. Skull's eye place
52. Spew
54. Author Leon
55. Badlands formation



Down

2. Host's 'let me know'
3. Celine Dion: "That's the Way ___"
4. Peter __, Style Expert on "The Marilyn Denis Show"
5. Bids
6. David Pierce link
7. Ms. Winfrey
8. ___ jacket
9. Sleeve
10. 1912 Canuck book... Sunshine ___ of a Little Town
11. Be open-wide
12. Demeanor
13. Attired
15. Untruthfulness
22. King, in Portugal
24. "Different" suffix
26. Throat parts
27. Guitar guru Mr. Paul
28. ___ Calendar
29. Lyric poems
31. Makes the most of a money-making opportunity: 3 wds.
32. "Villain, thou ___" - Shakespeare
33. Gas station
34. Spring months
36. Hockey's Bobby
39. Hints at
42. "Born to Get Wild" by Steve ___ feat. will.i.am
45. Never: German
46. Beach Boys: "___ It Be Nice"
49. Comprehend
51. Vancouver-born journalist Mr. Oliver
53. Deed
55. Justin Bieber hit
56. Fertilizer ingredient
57. Overbrim
59. Tyros, briefly
61. Trim
62. Miss: Spanish [abbr.]
65. ___ degree
66. Ms. Irving
67. Sports org.

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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